

COMMON PROBLEMS

Nausea

Nausea that occurs during pregnancy, better known as “morning sickness,” can be a problem any time, day or night. The good news is that it usually only lasts a couple of months. If you experience nausea, there are food choices that you can make that might help.



Try dry, starchy foods like crackers and dry toast. Eat slowly. Sit or lie still while eating.



Spicy, high-fat foods like sausage, other fatty meats, fried foods, and rich pastries are not well tolerated.

Drink liquids separate from your meals, and take small sips. Citrus juices can make nausea worse.

Once the nausea has passed, there are a few ways to help prevent it from coming back. Below are some tips to help prevent nausea.



Eat small frequent meals instead of two or three large meals.



Drink liquids between meals, not with your meal. Drink only about ½ cup at a time. Avoid high-fat drinks.



Avoid strong-smelling foods with offensive odors.



Take prenatal vitamins and iron supplements on a full stomach.

Heartburn/Indigestion

Heartburn or acid indigestion during pregnancy is a common problem, especially as the baby grows and puts pressure on the stomach.

Here are some foods you should avoid to help prevent indigestion.



- Fatty meats
Examples: sausage, bacon, hot dogs
- Food from cabbage family
Examples: cucumber, greens, broccoli, onions, and cabbage
- Fried foods
Examples: french fries, fried chicken
- Rich pastries
Examples: doughnuts, fried pies, cream pies

Here are more tips on how to avoid heartburn and indigestion during pregnancy.



Don't go to bed on a full stomach. Instead, sit calmly for several hours to allow food to leave the stomach.



Eat slowly, chewing food well. Take small bites to avoid swallowing air, which only makes indigestion worse.



Eat small meals with in-between meal snacks instead of two to three large meals.



Do not take over-the-counter medicine for heartburn/indigestion. Let your doctor know if you are having indigestion.

Constipation and Hemorrhoids

Constipation and hemorrhoids can be a problem when you are pregnant. Changes in food choices may help! Fiber is especially important. Look at the pairs of foods shown below. The best choices are those highest in fiber on the right.

**These foods
contain little fiber.**



Enriched White Bread
(1 gram fiber per slice)



Apple Juice
(Less than 1 gram fiber per cup)



Mashed Potatoes
(2 grams fiber per serving)



Marshmallows (Less than 1 gram
fiber in 6 marshmallows)

**Choose these
foods highest in fiber!**



100% Whole Wheat Bread
(2 grams fiber per slice)



Apple with Peel
(4 grams fiber per apple)



Baked Potato with Skin
(5 grams fiber per medium potato)



Peanuts
(3 grams fiber per ounce)

Below are more tips on dealing with constipation during pregnancy.



Drink 8 - 10 glasses of liquid every day.
Water is the best choice!



Increase physical activity. This helps your gastrointestinal (GI) tract to work its best. Be sure and check with your doctor before beginning any new exercise.



Allow plenty of time for bathroom breaks. Try to plan for the same time each day.

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